



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35093, Willow, young leaves, chopped (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	68.70	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	122	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	509	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	6.10	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	1.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	2.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	20.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Minerals													
Calcium, Ca ¹	mg	130	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe ¹	mg	2.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P ¹	mg	126	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	190.0	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	2.300	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU ¹	IU	18700	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993